



Prime Time News

June 2016

Fitchburg Senior Center
Volume VI Issue 6

Look Ahead

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New

Seniors Dig Tech

Recording high definition over-the-air TV—yes, it's here! Page 3.

Social media: what you need to know to stay safe! Page 3.

WOW!

A Chance to Win a TV & Roku Box!



Fitchburg Senior Housing Expo

Thursday, June 9, 2016
12:30pm - 4:30pm

FREE to all Visitors and a chance to WIN a 40" TV and ROKU Box!!

Fitchburg Senior Center
5510 E. Lacy Rd., Fitchburg

Our Housing Sessions will emphasize

- How to stay Independent at home
- Understanding Community Levels of Care
- County Resources
- Home Care Resources
- Fitchburg Housing Options



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New Offerings For You!

P.2

The RETIREE REBELS are back

Join the discussion about the



NEXT STEP(s): Reinventing Your Life in Retirement

For the Nearly-and-Newly retired putting one foot in front of the other can be challenging, confusing, scary and exciting, all at the same time!

Carol Larson and Mary Helen Conroy return to the Fitchburg Sr. Ctr. to lead three discussions.

ASKING

“What are the next steps in your reinvention?”

Come to one, or come to all three gatherings. We will be using the tools of Review, Retreat and Reinvention to help you find your next steps.

Tuesday, JUNE 14, 2016 at 10:30 a.m.

Tuesday, JULY 12, 2016 at 10:30 a.m.

Tuesday, AUGUST 9, 2016 at 10:30 a.m.

Registration recommended. Please call 270-4290.

Bike & Pickleball

The bike club will meet at the Senior Center every Wednesday at 10:00 a.m. Routes will vary.

Outdoor Pickleball at the Swan Creek tennis courts every Thursday
9:00—11:00 a.m.
All levels—two courts.

Learning Annex— Crossing The Driftless



Stoughton resident, Lynne Diebel, Author of Crossing the Driftless, will share details about the 359 mile canoe trip through the Driftless region of Wisconsin. Diebel and her husband, Bob, paddled on the Cannon, Mississippi and Wisconsin rivers, following the traditions of the French voyageurs and Native Americans.

Wow, don't miss this one!

Tuesday, June 21 at 2:00 p.m.

Openings!

DIRECTOR VACANCIES

Fitchburg Senior Center Friends

Have you ever wanted to get more involved at the Senior Center? Here is your chance as the Fitchburg Senior Center Friends (FSCF) will be filling several vacant director positions in October. For more information and an application, contact Jill McHone 270-4291 or Bob Hillner 274-2891 or email at restal57@gmail.com.



Ukulele Group

The Tuesday Uke group will continue to meet at 1:00 p.m. Players with some experience are welcome, as we are still learning too.

Groups



Men's Group

Join us for our next meeting on

Tuesday, June 14 at 2:00 p.m.

For more info log on to:

www.fitchburgseniorcenter.com

and click on Men's Group on the left side.



Active Women's Group Join us for our next meeting on



Tues., June 28 at 2:00 p.m.

Social Hour from 1:00-2:00 p.m. before meeting.

For more info log on to:

www.fitchburgseniorcenter.com

and click on Active Women's Group.

Couples Dinner Group

The Fitchburg Couples Group will be dining at "Me and Julio's", 2784 Fish Hatchery Rd., (formerly "The Veranda") on June 21. We'll meet at 5:00 p.m. for cocktails and/or conversation, followed by dinner at 5:30 p.m.

If you are not part of the Fitchburg couples group and would like to be added, call Bev Davis at 608-467-3990.

Tech

Record Over-The-Air TV!



Learn how the Channel Master Hard Drive allows David Hill to record all the over-the-air TV that he wants—all in high definition. Thinking of cutting the cable cord, but want the ability to record and watch TV when you want? The Channel Master might be your new best friend! Full channel on-screen menu, record current series or just new episodes.

Join David for a hands-on demonstration of his Channel Master recorder on Wednesday, June 29 at 10:30 a.m. Call 270-4290 to register.



Social Networks— What You Need To Know

Social networks like Facebook and Google+ have changed the way we communicate with friends and even how we make new friends. They can be wonderful for folks who might not be as mobile as they once were.

We'll cover all the most popular networks (Facebook, Twitter, Snapchat, Google+, etc.), what they do and how to use them. The potential dangers and security risks of such use will also be discussed.

This will be an entertaining and informative 90 minutes presented by Dave St. Amant from Community PC, LLC in Madison. Dave has been recognized as an important contributor to the Internet from its earliest days in the 1990's and has been both breaking and repairing computers years before that.

Wednesday, June 22 at 1:00 p.m.

Call 270-4290 to register for this free but limited spaced program today!



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Art

Travel



Cards With Katie

Join us for an afternoon of paper crafting on **Monday, June 13 at 1:00 p.m.** Stamp – cut – punch – glue – and have fun playing with paper. For more details go to www.StampLadyKatie.com or log on to the Senior Center webpage.

Cost \$11.50.

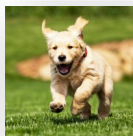
Payment due to the Senior Center one week prior to class. You must call 270-4290 to register.

Thank you Fitchburg Farms for donating plants for our Over 90's party!



Happy Customer!

I've used Tara to dog sit for day trips as well as for extended vacations. She managed special diets, medications, took them on daily walks and played with them. The dogs love her and her rates are very reasonable! I feel very good knowing that the dogs are so well-cared for in their own home when I'm away! Judy Broad



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Tara Howard / Owner

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katz.dawgz54@gmail.com

www.2eyez4pawz.net



Extended Travel opportunities:

Last trip in 2016!



Arkansas Autumn Foliage

Motor coach Tour- October 4-9

Cost- \$1,349 per person twin room; \$419 additional for single room.

Bonus savings just announced for the October 4-9, 2016 Mayflower Arkansas Autumn Foliage Motor coach Tour! Register for the tour by June 15 and receive bonus savings of \$75.00 for individuals or \$150.00 per couple. Brochures and reservation forms are located at the Senior Center. Call Judy Broad at 271-9077 with questions or help with reservations.

- ◆ Hot Springs-two nights; Mineral baths and springs
- ◆ Sunset Dinner Cruise
- ◆ Tour Hot Springs National Park
- ◆ Ride the Arkansas Missouri Scenic Railroad
- ◆ Branson-two nights; two shows; dinner and entertainment on the Branson Belle Showboat.

The annual Travel Show is scheduled for September 29 from 2:00-4:00 p.m. in the Fitchburg Senior Center Dining Room. Come and hear about the trips planned for 2017!

Questions or information requests can be sent to Judy Broad at JBST@Charter.net or by phone 271-9077.



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Book Clubs



REACH Book Club

REACH Book Club will meet on Thursday, June 9, 2016 at the Fitchburg Senior Center, 1:30 p.m. We are not discussing a book at this meeting. We will be discussing suggestions from members and creating a list of books to discuss next year. We have had a year of lively discussions and we are anticipating a great year of reading beginning September 2016. A complete list of the books chosen will be in the July issue of *Prime Time News*.

July - August - No discussions

Mystery Book Club

The *I Love a Mystery Book Club* will meet on Thursday, June 23, 2016 at 1:30 p.m. at the Fitchburg Senior Center. (the 4th Thursday). We will discuss the book, *Girl Waits With Gun* by Amy Stewart. The heroine, Constance Kopp, doesn't quite fit the mold. She towers over most men, has no interest in marriage or domestic affairs, and has been isolated from the world since a family secret sent her and her sisters into hiding fifteen years ago.

Health

Senior Farmers Market Vouchers

You may be eligible to receive vouchers for use in purchasing \$25 worth of locally-grown fruits, vegetables and herbs at Farmers Markets and roadside farm stands in Wisconsin during the 2016 season.

The Fitchburg Senior Center will hold distribution on **Friday, June 3 from 10:00 – 11:30 a.m.** Vouchers will be given on a first-come, first-served basis. You must be a resident of Dane County and at least 60 years of age. The 2016 gross income limit for a one-person household is \$1,832/mo. (\$21,978/year); for a two-person household it is \$2,470/mo. (\$29,637/year). Please bring a photo ID with proof of age, as well as proof of all sources of income (2015 income tax or homestead credit form, Social Security statement, or subsidized housing review letter). Only one set of vouchers per household is allowed. Household is defined as anyone, related or not, living together sharing expenses. Vouchers cannot be mailed to you. If you have questions, please call the Fitchburg Senior Center at 270-4290 and ask to speak with one of the Social Workers.



Don't Forget!

For weekly updates, visit our web page at www.fitchburgwi.gov/621/Senior-Center

and then click on the YouTube link to our channel to view "What's Happening

Thursdays 3 - 6

FITCHBURG CENTER FARMERS MARKET

www.fitchburgmarket.com

May—October

SPECIAL EVENTS 2016

Strawberry Fest ♦ June 16

Kids Fest ♦ July 21

Summer Fest ♦ August 18

Fall Fest ♦ September 15

AGORA PAVILION

5511 EAST CHERYL PARKWAY

FITCHBURG

277-2696

Avalon Assisted Living Community invites you to:

SUMMER SMASH BASH 2016

Friday, June 24th from 5:00 p.m. - 7:00 p.m.

- BBQ and other popular summer fare
- Cold drinks & treats • Live music
- A Father's Day Celebration

Enter to win a gift basket! RSVP to 608.729.4894

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Games/Movies & More

Drop-In Activities!!!!

Dominos—2nd & 4th Mon. @ 1:00 p.m.

Social Bridge—Mon. @ 10:00 a.m.

Cross Stitch—Thurs. @ 8:30 a.m.

Euchre—1st & 3rd Tues. @ 12:45 p.m.

Mahjong—1st Tues. @ 1:00 p.m.

Bingo—Thurs. @ 12:30 p.m.

Sheepshead—Thur. @ 1:00 p.m.

Scrabble—Fri. @ 2:00 p.m.

Ping Pong—Fri. 10:30 a.m.

Bunko—Wed. @ 1:00 p.m.

Cribbage—looking for players—call.

\$20 Blackout Bingo!! June 9


Special sponsor:

The Dillett Company

\$20 jackpot!

Game begins promptly at 12:30 p.m.



 Thinking about cutting cable?
Want to try a loaner TV antenna
to test out your reception? Then
call David today, 270-4292.

SENIOR CENTER LIBRARIES REMINDER

The Senior Center has two libraries. The books and DVDs shelved next to the fireplace belong to the Senior Center. The books inside the door are from the Dane County Library Service and these books are replaced on the fourth Friday of each month.

Please use the check out and return sheets.

The Dane County Library Home Service Program supplies materials by mail to qualified individuals who are unable to use the library due to an ongoing physical condition. Anyone interested in participating in this program should call (608) 266-9297 weekdays, 8:00 a.m. - 4:00 p.m., for additional information or email driscoll@dcls.info.

Movie Day— Star Wars The Force Awakens

Fri. June 17 at 12:40 p.m. 2:16 run time.
92% Rotten Tomatoes Rating



Exercise Opportunities

P.7

Ping Pong

Friday – 10:30 a.m. Play in matches, it's fun!
Call David at 270-4292 for more details



Aerobics With Diane Fronek

Diane teaches Mondays and Wednesdays at 9:45 a.m.; Fridays at 8:30 a.m. is Diane on video. Class focuses on cardio, strength, and flexibility. Cost is \$20 per month.

Yoga W/ Kurt—Summer Sessions

June 6,13,27. July 11,18,25. \$42—six weeks

Level one: 10:45 a.m.—12:00 p.m.

Level two: 9:15—10:30 a.m.

Call 270-4290. Payment due upon signup.



Functional Fitness

Monday, Wednesday and Friday from 11:00-11:30 a.m. Class is chair-based and focuses on strength, range of motion and balance. Cost is \$10 per month.



Pickle Ball

Every Tuesday. Advanced Play 8:30-10:30 a.m.
Beg./Inter. 10:30 a.m.—12:30 p.m. Open play
1:00-3:00 p.m. in the upper level.

Thursday Outdoor play at the Swan Creek tennis courts. 9:00—11:00 a.m. All levels—two courts!



Tai Chi



Tai Chi Thursdays

8:30 a.m.

Cost—\$2 drop-in.

Zumba Gold w/ Jackie

Classes in session. Call 270-4290 to inquire about the next round of Zumba!



Dancing Update For Summer/Fall

Mike and Deb Moe are finishing the Spring Senior Center dance lessons. They were a success with fun had by all. We will offer dance lessons in the Fall, starting Sept 23, 2016. The first five weeks of lessons will be Waltz.

For more information call Mike & Deb at 608-655-3250 or email mmoea@aol.com.



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Transportation Services P.8

Meals—\$1 round-trip. Transportation provided to and from the Senior Center by Transit Solutions. Call the Senior Ctr. at 270-4290 to schedule a ride. Please indicate if wheelchair lift is needed.

Shopping—\$3.00 round-trip. Provided by Transit Solutions for general and grocery shopping on Tuesdays and Fridays. Call the Senior Center to schedule a ride. Check calendar for trip destinations.

Medical Appointments—Cost is a donation. Transportation provided by RSVP volunteer drivers. Call the Senior Center at 270-4290 **at least 5 business days in advance** to schedule a ride.

Shuttle Service— This service is used for medical ride requests that require wheelchair transport. Requested donation is \$10 round-trip. Call 270-4290 **3 business days in advance** to schedule a ride. Subsidy for this transportation is provided by FSC Friends.

Health, Help & Renewal

Footcare/Fingernail

—Home Health United. Offered 2nd & 4th Wednesday of each month. Cost is \$20 & \$10. Call the Center for an appointment.

Must provide 2 towels.

Pre and Diabetic Footcare

June 17

The cost of this clinic is \$28. Please call 270-4290 to schedule an appointment.

Blood Pressure—

Ruth Mueller, R.N. B.S. Offered at no charge the third Thursday of each month 10:30-11:30 a.m. No appt. needed.

Massage Therapy

June Newman
LMT,NCTMB.
Mon./Thurs.
Afternoons

Massage/Reflexology

Gregory Newman
LMT,NCTMB.
Wed. Afternoons

Massage

Denny Ginko
Call for
dates/times

Cost:

\$30 for 30 min.
\$50 for 60 min.
\$70 for 90 min.

Cancellations must be made 24 hrs in advance to avoid being charged.

Call 270-4290



Senior Center Help

- ♦ Home visits
- ♦ Loan Closet
- ♦ Meals on Wheels
- ♦ Home Health
 - ♦ Insurance
- ♦ Medicare/Part D
 - ♦ Medicaid
- ♦ Call Amy Jordan or Sarah Folkers at 270-4290 today!

Caregiver Support

Thurs. June 9 at 10:00 a.m.

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Class Registration/Payment

Class: _____

Name: _____

Address: _____

City & Zip: _____

Phone: _____

Email: _____

Cash: _____

Check: _____

Program Cancellation Policy: Class payments must be received seven days prior to the start of class. Certain classes require a minimum attendance. If your cancellation puts the class attendance under the minimum, a refund may not be possible.



Twenty-five people enjoyed a three-day trip to Iowa May 4-6, sponsored by the FSC FRIENDS. They visited various places of interest in the Dubuque area, spent a day at the Pella Tulip Festival, and toured the Amana colonies. The highlights were lots of beautiful flowers, great food, interesting history, seeing a lamb born, beautiful weather and enjoying the fellowship of friends. Watch for another fun adventure in 2017!

Two scholarships for exercise were funded by the FRIENDS last month. FRIENDS also paid over \$874 for special needs to provide transportation, house cleaning, prescriptions, utilities and meals.

Watch for information about a Meet, Greet, and Eat Social planned on September 22 to celebrate National Senior Center Month and five years in our remodeled facility. Put it on your calendar now and plan to attend.

Have you noticed the FRIENDS showcase? Lights have been added and the inside has been redecorated. Take a look next time you are in the hallway.

2016 Newsletter Subscription \$10

Name: _____

Address: _____

City & Zip: _____

Phone: _____

The cost to have the *Prime Time*, the Senior Center's monthly newsletter, delivered to your home for the year 2016 is \$10. Please complete this form and return it with payment to the Senior Center. Checks should be made out to the Fitchburg Senior Center. You can also pick up the newsletter for free or have it emailed to you. Call David for details.

Return to: 5510 E. Lacy Rd. Fitchburg, WI 53711


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David Hill, Assistant Director
Mandi Miller, Nutrition Site
Mgr/Volunteer Manager
Amy Jordan, Social Worker
Sarah Folkers, Social Worker
Susan Hoerchner, Office Asst.



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Elder Law and Special Needs Planning



June 2016



Senior Dining



Fellowship, Food & Fun

Salad Option Thursdays		Wednesday 1	Thursday 2	Friday 3
Salads are dine-in only) 2nd - Garden 9th - Taco 16th - Chef's Tuna 23rd - Chicken Ranch *Meal has pork product Reservations <u>must</u> be made by 12:00 the day before by calling 270-4290		Cheeseburger w/ Lettuce & Tomato Pea Salad Mandarin Oranges Cake VO- Egg Salad Sandwich	Breaded Fish Potato Puffs California Mix Banana Bread ice Cream Treat VO- Black Bean Patty	*Meatloaf Red Potatoes Tossed Salad Pears W.W. Bread VO-Veggie Patty
Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
Sloppy Joe on Bun Buttered Broccoli Flowerets Coleslaw Fruit Cup Ice Cream VO-Soy BBQ	BBQ Chicken Baked Potatoes Green Beans Jell-O w/Fruit Cocktail W.W. Bread VO- Potato w/Veggie Cheese Sauce	Potato Beef Casserole Buttered Carrots Apple Juice W.W. Bread Cherry Crisp VO-Soy Noodle Cass.	Stuffed Green Pepper Soup Turkey & Cheese on Rye Fresh Fruit Cookie VO- Veg Soup, Cheese on rye	Chicken Macaroni Salad Three Bean Salad Fresh Orange W.W. Roll Lemon Dessert VO-Pasta Salad w/Cheese
Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
*Ham Slice Yams. Peas Pineapple Bread VO- Cheese Sandwich	Baked Fish Rice Pilaf California Blend Mandarin Oranges W.W. Bread Jello w/Topping VO- Rice Pilaf w/Soy	Chicken Salad (w//grapes, nuts) on Lettuce Copper Penny Salad Orange Juice Croissant Strawberry Shortcake VO – Egg Salad on Leaf Lettuce	Hamburger on Bun Lettuce/Onion Potato Salad Buttered Corn Banana VO-Veggie Patty	*Brats on Soft Bun Baked Beans German Cucumber Salad Fresh Fruit Chocolate Cream Pie VO- Veggie Dog
Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
Salisbury Steak Brown Rice Carrots Fruit Cocktail Rye Bread Cookie VO-Salisbury Veggie Patty	Chicken Broccoli Rotini Salad V-8 Juice Peach Slices Dinner Roll VO-Cheese Broccoli Rotini Salad	Spaghetti Meat Sauce Mixed Green Salad Pear Slices Garlic Bread. VO-Soy Meat Sauce	Turkey Roast w/Gravy Stuffing/Gravy Broccoli Fresh Fruit Bread/Cookie VO- Veggie Lasagna	Tomato Barley Soup *Ham & Swiss Croissant w/Lettuce Fresh Apple Brownie VO- Cheese on Croissant
Monday 27	Tuesday 28	Wednesday 29	Thursday 30	
*Brat/Bun Baked Beans Coleslaw Chunky Applesauce Bar VO-Veggie Dogs	Three Cheese Lasagna California Mix Fresh Orange Bread Stick Sherbet	Pizza Casserole Green Beans Grape Juice Croissant Strawberry Short Cake VO- Soy Casserole	Roast Beef/Gravy Red Potato Roasted Veggies Jell-O w/Peaches Bread VO-Veggie Patty	

Meals provided by: DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION

June 2016

Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																		
<div>May 2016</div> <table><tr><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td></tr><tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr><tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr><tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr><tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr><tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr><tr><td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td></tr></table>	M	T	W	T	F	S	S							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31						<div>Jul 2016</div> <table><tr><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td></tr><tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr><tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr><tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr><tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr><tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr><tr><td>31</td><td></td><td></td><td></td><td></td><td></td><td></td></tr></table>	M	T	W	T	F	S	S						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31							1 8:30 AM Aerobics 9:45 AM Aerobics 10:00 AM Bike Group 11:00 AM F-Fitness 1:00 PM Bunko 1:00 PM Singers	2 8:30 AM Cross Stitch 8:30 AM Tai Chi 9:00 AM Outdoor Pickleball 10:00 AM FSC Friends 12:30 PM Bingo!! 1:00 PM Sheepshead	3 8:30 AM Aerobics 10:00 AM Shop - Cops/Fish Hatchery 10:00 AM Zumba 10:30 AM Ping Pong 11:00 AM F-Fitness 2:00 PM Scrabble
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YOU'RE INVITED

Join us for a presentation brought to you by Thrivent Financial, a not-for-profit membership organization of Christians. While many financial firms see money as a goal, we see it as a tool to help the people, causes and communities you hold close to your heart.

This event covers the following topics:

Social Security * Retire Wisely * Income Tax & Retirement

Event Details

Thursday, June 23, 2016

6:00 p.m.

Fitchburg Senior Center

5510 Lacy Road, Fitchburg, WI 53711

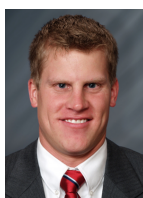
Please RSVP to reserve your spot! Contact Jan at (608) 345-3496 or email janet.garkey@thrivent.com.

Refreshments will be served.

Seminar is hosted by Thrivent Financial Representatives:



Janet Garkey
Financial Associate



Adam Schinke, CFP®, MBA, RICP®
Financial Consultant

No products will be sold at this event.

Thrivent Financial and its representatives and employees have general knowledge of the Social Security tenets; however, they do not have the professional expertise for a complete discussion of the details of your specific situation. For additional information, contact your local Social Security Administration office.

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